



WHATSheATE



Fish & finger pie

READY IN



60 min.

SERVINGS



6

CALORIES



624 kcal

Ingredients

- ☐ 200 g flour plain
- ☐ 100 g butter cold
- ☐ 50 g oats
- ☐ 50 g cheese hard grated
- ☐ 500 g fish fillet boneless skinless white
- ☐ 2 large carrots
- ☐ 100 g peas frozen
- ☐ 400 g shrimp frozen thawed cooked peeled
- ☐ 50 g butter
- ☐ 50 g flour plain

- ☐ 450 ml milk
- ☐ 30 g parsley chopped
- ☐ 6 servings bell pepper
- ☐ 1 bay leaves

Equipment

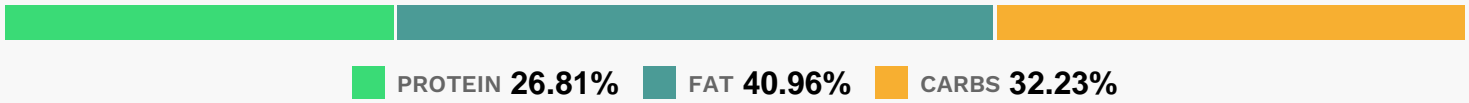
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Place the flour in a large mixing bowl.
- ☐ Cut the butter into small pieces and add to the flour.
- ☐ Add the oats and, using a fork, mash the butter into the flour and oats until the mixture looks like large breadcrumbs. This could take a child up to 5 mins.
- ☐ Add the cheese and stir until mixed together well. Set this aside as you prepare the filling.
- ☐ Cut the cod into finger-sized pieces and place in the buttered oven-proof dish. Peel the carrots and cut into pieces the size and shape of your little finger.
- ☐ Put the carrots in the same dish as the cod, then add the peas and the prawns.
- ☐ Place the butter into a saucepan and allow to melt over a medium heat.
- ☐ Remove the saucepan from the heat, then add the flour, stirring to form a thick smooth paste.
- ☐ Place the saucepan back over the heat and cook for 2 mins to remove the starchy taste. Gradually add the milk, a little at a time, and stir with a wooden spoon, making sure that no lumps appear, until you have a smooth sauce. This mixture should resemble the consistency of double cream. When the sauce has come to the boil, turn down the heat and simmer for 2 mins. Season with pepper according to taste.
- ☐ Add the parsley and bay leaf, then pour the sauce over the fish, carrots and peas.
- ☐ Sprinkle the topping you made earlier over the fish and sauce.

- ☐
- Place the dish into the oven, then bake for approximately 20–25 mins or until the topping is golden and crunchy.
- ☐
- Remove from the oven and serve with crispy salad or mashed root vegetables

Nutrition Facts



Properties

Glycemic Index:85.03, Glycemic Load:28.75, Inflammation Score:-10, Nutrition Score:38.417825906173%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 624.14kcal (31.21%), Fat: 28.68g (44.12%), Saturated Fat: 16.67g (104.19%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 45.47g (16.53%), Sugar: 9.21g (10.24%), Cholesterol: 220.37mg (73.46%), Sodium: 391.82mg (17.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.24g (84.49%), Vitamin A: 7725.32IU (154.51%), Vitamin C: 110.1mg (133.46%), Vitamin K: 96.59µg (91.99%), Selenium: 55.85µg (79.78%), Phosphorus: 534.48mg (53.45%), Manganese: 0.84mg (41.94%), Folate: 158.71µg (39.68%), Vitamin B1: 0.55mg (36.75%), Vitamin B3: 7.28mg (36.41%), Vitamin B12: 1.87µg (31.09%), Vitamin B2: 0.53mg (31.03%), Potassium: 933.31mg (26.67%), Vitamin B6: 0.5mg (24.91%), Calcium: 245.98mg (24.6%), Magnesium: 98.37mg (24.59%), Copper: 0.48mg (23.98%), Vitamin D: 3.48µg (23.23%), Iron: 4.07mg (22.63%), Fiber: 5.32g (21.29%), Zinc: 2.91mg (19.42%), Vitamin E: 2.47mg (16.46%), Vitamin B5: 1.37mg (13.71%)